



APRIL
2004

Monthly update
to the Youth
Action Council
and Youth
Service Teams

THE YACKITY-YAC

CREATING YOUTH-ADULT PARTNERSHIPS DO'S AND DON'Ts

Youth

DO SPEAK UP!!!

DO invite adults to share skills, experiences and resources.

DO commit time and energy to do the work.

DO take responsibility seriously.

DO seek to involve other young people.

DON'T assume all adults will treat you like your parents treat you.

DON'T over commit yourself.

DON'T forget to ask questions.

DON'T forget that you ARE a young person.

Brought to you by the Washington Youth Voice Project and Project Service Leadership

"The best place to find a helping hand is at the end of your own arm."
-Unknown

Adults

DO involve young people in the decision-making from the very beginning (before it's too late for them to be a part of a meaningful change).

DO include as many young people as possible.

DO listen...really listen to young people and be willing to learn from them.

DO provide young people with the information, training and support they need to succeed.

DO plan meetings where everyone feels welcome.

DON'T blame all young people for the actions of one young person.

DON'T ask youth to attend your meeting and then ignore the ideas they give you.

DON'T invite youth for image reasons.

DON'T schedule meetings at times when youth can't participate: during school, late at night, etc.

DON'T use youth as a "stamp of approval" (showing them a completed project and asking them to tell you they like it).

Youth Service Utah

The Utah Commission on Volunteers is pleased to announce the official launch of Youth Service Utah, a website designed just for youth volunteers in Utah. It's also a great resource for adults who work with and support youth volunteers.

Features of the website:

- Learn about the Utah Youth Summit, including the five regional summits in 2004 (and see pictures!)

- Find out how to contact your local Volunteer Center
- Opportunities for awards and recognition
- Find out what youth volunteers in Utah are doing today
- Helpful resources and tips for effective volunteering ...plus much more!

Check it out today at

<http://utahspromise.org/ysu>



The Yackity-YAC is published by the Utah Commission on Volunteers. Individuals who receive the YAC are asked to share the newsletter with others who are interested in youth service and volunteerism in Utah. For more information contact Kristi at 1-888-755-UTAH or yes@utahspromise.org



**ENERGIZERS, ICEBREAKERS
AND TEAM BUILDING
INITIATIVES:
WHY DO THEM?**

TEAM BUILDING

- To build mutual support and team spirit within an established or newly formed group
- To identify contributions to effective teamwork
- To explore leadership issues: motivation, participation in decision-making, power, conflict, styles, etc.
- To explore & improve: communication (listening, feedback, support, gender differences, asking for what you need, recognition), setting or achieving goals, trust, involvement, decision-making

PERSONAL GROWTH

- To increase the participant's sense of self-esteem and confidence
- To explore one's strengths and weaknesses in group situations
- To explore: risk-taking, personal responsibility, independence, leadership, setting goals, support, etc.
- To gain new insights into/about self

DIVERSITY

- To appreciate and celebrate differences between people
- To experience the positive effects of diversity
- To increase respect within the group
- To increase trust
- To explore gender issues
- To learn more about working with people from various backgrounds

RECREATION

- To laugh and have fun together
- To wake up
- To celebrate
- To do something physically challenging

Regional Youth Summits are scheduled in April, May and June. Good luck as your summit approaches, and we look forward to hearing the outcome!

Favorite Energizers, Icebreakers and Team Building Activities

All My Neighbors: Arrange chairs in a circle - enough for each of the participants minus one. One person stands in the middle of the circle, everyone else sits in the chairs. The middle person calls out, "I want to meet all my neighbors who are wearing black shoes." Everyone, including the person in the middle who is wearing black shoes must find a new seat as quickly as possible - yet safely. The one person left without a chair then becomes the caller in the middle of the circle. Several ideas for calls are: those with blue eyes, those wearing glasses, those who use Crest toothpaste, those who have been to Europe, etc. Be creative!

Crossword Connections: Each person is given a paper plate on which she/he is to write her/his name in bold letters across one side. The group is then given 5-7 minutes to mingle with other participants and find "connections" (similarities) they have with one another. When you discover a "connection," write your new friend's name in crossword style to connect with your own name. Then turn the plate over and write the hobby/characteristic/interest you have in common. The participant who discovers the most connections with different people wins the game. Process point: Individuals are so unique, but there is common ground between each person in this world.

Giants, Wizards, Elves: Similar to paper, scissors, rock. Giants beat elves, elves beat wizards, wizards beat giants. Break into two groups. Each group huddles up and decides which of the three they want to be. Giants=both arms straight up in the air, wizards= both arms straight out in front, elves= bent position with two pointer fingers protruding from head. Teams line up 10 feet apart, with finish lines behind them equal distance for both sides. At count of 3, each team reveals their character, whichever one beats the other, they chase that team to their finish line. Those tagged before reaching their line joins the other team. If both teams choose the same character, each team "high-fives" each other and rehuddles.

Stand Up: Sit on the ground/floor back-to-back with your partner, knees bent and elbows linked. Now attempt to stand up, supporting one another. Once you've mastered this, join another pair and attempt it with four people. Continue to add pairs. Can you do it with 8 or 10?

Trust Walk: Participants should be divided into pairs (preferably with someone they don't know very well). One person is blindfolded, and the other person becomes the guide. Challenge the pairs to go exploring in the area, trusting the guide to lead them wisely and safely. After 10 minutes trade roles. Variations include muting the sighted partner or both. Process points: Did you trust your partner? What enables people to trust others? What tears down trust? How did you communicate with your partner?

Zip Bong: Participants sit in a circle. The object is to pass the word "Zip" around the circle as fast as possible. In order to change direction of the ZIP, participants may say "Bong". This changes direction. The only catch is that participants must keep their lips over their teeth at all times. Showing teeth disqualifies

UPCOMING NATIONAL DAYS OF SERVICE

May 1, 2004 - Join Hands Day
Youth and Adults Volunteering Together